

Inspire  Training



Part of Fostering Attachments Ltd
(Independent trainers and consultancy)

Inspire  Training

About Inspire Training Group

Inspire Training Group are the leading experts in Therapeutic Parenting and Trauma.

Inspire Training Group was established in 2007 and draws on the experience of several professionals including attachment specialists within the therapeutic community, adopters, and foster parents.

The real-life experience of those working on the project is highly valued by the families who receive our help.

We often hear that the only way to truly understand the reality of how it feels to live with a person with Developmental Trauma is to have that experience oneself.

As a result of this we have found that parents are open to our ideas and input as we have used the methods ourselves, lived through it, and gained results.



What is Therapeutic Parenting?

Therapeutic Parenting is a highly nurturing parenting approach, with empathy at its core.

Therapeutic Parenting uses firm but fair boundaries and routines to aid the development of new neural pathways in the brain so children may gain trust in adults.

And so, their lower brain (survival brain) may connect with their higher brain (prefrontal cortex/thinking brain) so they can link cause and effect.

Using boundaries and routines helps children to understand there is consistency and predictably in their lives (they know they will have breakfast, lunch, and tea plus snacks).

Therapeutic Parenting advises you to use visual timetables to support you children with this.

Respond with empathy using the PACE model (playfulness to connect and diffuse a situation, acceptance of the child whilst not accepting of aggression, curiosity to detect your child's need, all steeped in empathy).



What we cover

As leading experts and researchers in the field of therapeutic parenting, trauma, and compassion fatigue, we offer specialist training and support with an integrated approach to achieving good outcomes for children and their parents where there are, developmental trauma associated challenging behaviours and compassion fatigue.

Help to identify developmental trauma and provide concrete strategies to manage associated behaviours.

Work intensively with adopters and foster parents to help to prevent disruption, by identifying and resolving compassion fatigue.

Facilitate cross family strategies between adopters and foster parents to ensure the child is helped to experience a consistent and nurturing environment.

Train professionals working with Adopters and Foster Parents to recognise developmental trauma & compassion fatigue, and to be proactive in supporting 'Therapeutic Parenting'.

Provide training, support, and consultancy on a 'whole team' basis.

The purpose of this training is to motivate and change interventions by recognising compassion fatigue and empowering teams and families to effect positive change.

Subjects we cover are:

Managing Behaviours
Anger, Destruction & Violence
Anxiety
Supporting Professionals
Looking After Ourselves
Understanding Trauma
Teens and social media
Transitions, Celebrations and Holidays
Food Related Behaviours
Managing Schools

Course Index

<u>Managing Behaviours</u>
12 Do's and Don'ts of Christmas
Always on the move
But I'm Still Hungry
Dealing with Food Issues
Dealing with Lying
Dealing with Meltdowns in Public- All Ages
Healing Children through Therapeutic Parenting
Hungry Heart
Juggling Act
Lying and the Shame Game
Managing Birthdays and Celebrations
Managing Siblings
Mess Everywhere!
Preparing for School
Strategies to Manage Behaviour- Dealing with Lying and Stealing
Surviving the Summer Holidays (Summer and Christmas)
The A-Z of Therapeutic Parenting
The Real Child- Sabotage
Toilet Tales
Understanding and Managing Food Related Issues
Why Can't My Child Keep Friends
Back to School
Bedtime and Sleep
Calming the Angry Child
Helping Your Child to Manage Transitions
On the Lookout
Separation Anxiety
Sweet Dreams
Teen Addictions

Course Index

<u>Anger, Destruction & Violence</u>
Calming the Angry Child
Introduction to De-escalation
Managing Violence Behaviour – In Children and Adolescents
<u>Anxiety</u>
An Anxious Child is Not a Learning Child
Back to School
Bedtime and Sleep
Helping Your Child to Manage Transitions
On the Lookout
Separation Anxiety
Sweet Dreams
Teen Addictions
<u>Supporting Professionals</u>
Erikson's Theory of Development and Therapeutic Parenting
Managing Feelings for Professionals (Compassion Fatigue)
Supporting Families with Swearing
Supporting you to Support your Families: Food Issues
An Anxious Child is Not a Learning Child

Course Index

<u>Looking After Ourselves</u>
Managing Feelings for Parents (Compassion Fatigue)
Staying Sane as a Therapeutic Parent
Surviving in a Couple Relationship as Therapeutic Parents
Staying Sane as a Therapeutic Parenting through the Summer Holidays
Surviving the Holidays (Summer & Christmas)
Healing Children through Therapeutic Parenting
<u>Understanding Trauma</u>
Creating Positive Relationships
Honesty and Necessary Lies
Introduction to Attachment
No One Asked Me!
Tentacles of Trauma
The Trauma Room
Therapeutic Parenting PACE in Real Life
Understanding Toxic Shame
What Lies Beneath – Internal Working Model
What's My Child's Diagnosis?
What's Wrong with Me?
The A-Z of Therapeutic Parent
The Real Child – Sabotage

Course Index

<u>Teens and social media</u>
Lost and Lonely: Teens in Crisis
Teen Addictions
Understanding and Managing Food Related Issues
<u>Transitions, Celebration and Holidays</u>
Why I Wobble at Easter
12 Do's and Don'ts of Christmas
Managing Birthdays and Celebrations
Helping Your Child to Manage Transitions
Separation Anxiety
<u>Food Related Behaviours</u>
But I'm Still Hungry! (Sugar Addictions)
Dealing with Food Issues
Healing Children through Therapeutic Parenting
Hungry Heart
Strategies to Manage Behaviour – Dealing with Lying and Stealing
Understanding and Managing Food Related Issues
<u>Managing Schools</u>
Preparing for School
An Anxious Child is Not a Learning Child
Back to School

Always on the Move

Children who have suffered developmental trauma often have very high circulating cortisol.

This is like their body being on full alert all the time with a pounding heart and feelings of being agitated and not being able to keep still.

If the child is feeling extra anxious, this triggers further cortisol production and makes matters worse, because the central nervous system interprets a threat, the body is taking over from the brain, making sure that the body is ready to manage the challenge and run or fight, keeping the child wakeful and alert with eyes and ears wide open for signs of danger.



For Groups/Organisations – Webinar Only

Course Length: 60 minutes

Course Fee: £500 plus VAT

Group size: Up to 500

Platform: Zoom

Additional 7 days watch it later access.

12 Do's and Don'ts of Christmas

Some simple, effective, and quite light-hearted top tips to help you to negotiate the Christmas Season!



For Groups/Organisations – Webinar Only

Course Length: 60 minutes

Course Fee: £500 plus VAT

Group size: Up to 500

Platform: Zoom

Additional 7 days watch it later access.

An Anxious Child is not A Learning Child

Bringing Parents and Teachers together, for better outcomes for children.

To identify and understand how a child with Developmental Trauma can behave in the classroom and at home.

To understand the relationship between the parent and the teacher.

And the final aim is 'To focus on the fostering of the relationship between the parent and teacher in order for a child to become less anxious and feel safe enough to learn in the classroom.



For Groups/Organisations – Webinar Only

Course Length: 60 minutes

Course Fee: £500 plus VAT

Group size: Up to 500

Platform: Zoom

Additional 7 days watch it later access.

But I'm Still Hungry! (Sugar Addictions)

Children who have suffered trauma often seem to need very high levels of sugar intake. Which can cause problems in several ways.

As always, we will share tried and tested strategies that
WORK!



For Groups/Organisations – Webinar Only

Course Length: 60 minutes

Course Fee: £500 plus VAT

Group size: Up to 500

Platform: Zoom

Additional 7 days watch it later access.

Back to School!

Returning to school is going to be difficult for parents and children alike.

This webinar will enable you to:

Prepare your child to returning/starting school.

Reduce or avoid separation anxiety.

Reduce stress during the school day.

Reduce stress when coming out of school.

Working with the school.

Important people at school.

Establish a safe place/safe person for your child.

As always, we will be reminding you where to find help if you have specific or complex school issues.



For Groups/Organisations – Webinar Only

Course Length: 60 minutes

Course Fee: £500 plus VAT

Group size: Up to 500

Platform: Zoom

Additional 7 days watch it later access.

Bedtime and Sleep

Is your child refusing to go to bed and/or getting up repeatedly?

Does your child become very oppositional and defiant around bedtime?

Does your child appear fearful of being left alone?

Does your child's behaviour escalate around bedtime and/or appear to be dysregulated?

Is this eating into your own time to recharge your batteries?



For Groups/Organisations – Webinar Only

Course Length: 60 minutes

Course Fee: £500 plus VAT

Group size: Up to 500

Platform: Zoom

Additional 7 days watch it later access.

Calming the Angry Child

In this course we will explore:

Why children might be angry.

Assisting parents and carers in de-escalating aggressive behaviours.

The impact of aggressive behaviour on parents and the importance of self-care.



For Groups/Organisations – Webinar Only

Course Length: 60 minutes

Course Fee: £500 plus VAT

Group size: Up to 500

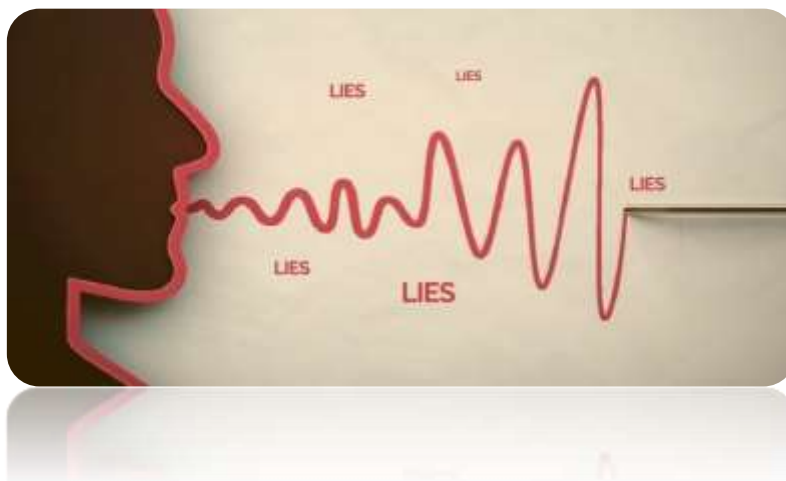
Platform: Zoom

Additional 7 days watch it later access.

Dealing with Lying

One of the main behaviours which parents find exasperating
is lying!

It seems illogical, the children lie as if their life depends on it,
perhaps they feel it does?



For Groups/Organisations – Webinar Only

Course Length: 60 minutes

Course Fee: £500 plus VAT

Group size: Up to 500

Platform: Zoom

Additional 7 days watch it later access.

Dealing with Meltdowns in Public – All Ages

Meltdowns in public, wow what a nightmare!

We will look at why this happens and how it can be more than one child or the fact that when one child is struggling their siblings also enter into the fray.

This webinar gives examples of meltdowns in many public areas, some are really funny e.g., mum's supermarket meltdown or lamppost hugging.

Unhelpful others just don't get it, thank goodness for like-minded people.



For Groups/Organisations – Webinar Only

Course Length: 60 minutes

Course Fee: £500 plus VAT

Group size: Up to 500

Platform: Zoom

Additional 7 days watch it later access.

Erikson's Theory of Development and Therapeutic Parenting

Join us as we delve deeper into Erikson's theory of psychosocial development and how trauma impacts this. We will start right from infancy up till young adult.



For Groups/Organisations – Webinar Only

Course Length: 60 minutes

Course Fee: £500 plus VAT

Group size: Up to 500

Platform: Zoom

Additional 7 days watch it later access.

Healing Children through Therapeutic Parenting

Why do some children need therapeutic parenting?
How is it different from 'standard' parenting?
How can we practically put therapeutic parenting strategies in place and make a REAL difference? Inspirational, moving, and motivational. If you are struggling to re parent a child who has suffered early life trauma, this, recorded live Seminar, is a MUST SEE!



For Groups/Organisations – Webinar Only

Course Length: 60 minutes

Course Fee: £500 plus VAT

Group size: Up to 500

Platform: Zoom

Additional 7 days watch it later access.

Helping Your Child to Manage Transitions

During this course we will be looking at transitions, what they look and why the children's behaviour escalates or changes dramatically following the change.

We will look at factors that may affect transitions:

- Fear of change
- Emotional age
- Fear of adults
- Being in control
- Lack of cause and effect thinking
- Separation anxiety
- Sensory issues

And finally, we will end with strategies.



For Groups/Organisations – Webinar Only

Course Length: 60 minutes

Course Fee: £500 plus VAT

Group size: Up to 500

Platform: Zoom

Additional 7 days watch it later access.

Honesty and Necessary Lies.

Sometimes we find that vital information is missing from our children's files. Information which would inform behaviours or help parents to piece together their history.

This webinar is not about the child's ability to lie but about how sometimes professionals/society are economical with the truth.



For Groups/Organisations – Webinar Only

Course Length: 60 minutes

Course Fee: £500 plus VAT

Group size: Up to 500

Platform: Zoom

Additional 7 days watch it later access.

Hungry Heart

This course will help all parents to understand food related issues.

We will look at the causes of food related issues and provide strategies to help manage food related issues, including:

- Sugar Addictions
- Hoarding Food
- Taking (Stealing) Food
- Rejection of Food/Meals
- Fussy/Slow Eating



For Groups/Organisations – Webinar Only

Course Length: 60 minutes

Course Fee: £500 plus VAT

Group size: Up to 500

Platform: Zoom

Additional 7 days watch it later access.

Interrupting Trauma Seminar

On the day, as well as their tried and tested practical strategies for every situation, they will also help you to use Trauma interruption methods such as 'The Delta Wave Therapy Touch' to see immediate and dramatic effects around Trauma-based behaviours and fear.

All methods work and have already been used on parents with amazing results.



For Groups/Organisations – Face to Face

Course Length: 5 hours.

Course Fee: From £1500 plus VAT
Plus, travel and accommodation

Group Size: Up to 40 only

Introduction to Attachment

This course will give you an understanding of what secure attachment means and why attachment is critical in the earliest years.

You will gain knowledge and insight into why attachment disorders occur and begin to understand the differing attachment difficulties and behaviours.

Finally, we will enable parents to gain practical therapeutic parenting strategies.



For Groups/Organisations

Face to Face

Course Length: 4 hours

Group Size: 0 – 15

Course Fee: From £750 plus VAT

Group Size: 16 – 30

Course Fee: From £1200 plus VAT

Plus, travel and accommodation

If above 30 attendees, please enquire.

Webinar

Course Length: 3 Hours

Course Fee: £700 plus VAT

Group Size: Up to 500 **Platform:** Zoom

Additional 7 days 'Watch it Later' access.

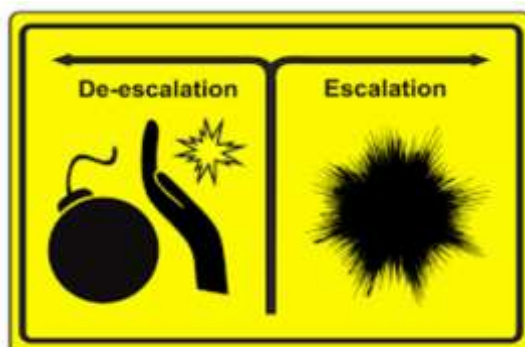
Introduction to De-escalation

In this course we will explore why children might be violent, thereby developing a greater understanding of extreme behaviours.

We will introduce early interventions and de-escalation strategies.

We will introduce practical strategies to keep the child safe and to avoid conflict.

Finally, we will investigate the impact of violent behaviour from the child on the parents, exploring the importance of self-care.



For Groups/Organisations

Face to Face

Course Length: 4 hours

Group Size: 0 – 15

Course Fee: From £750 plus VAT

Group Size: 16 – 30

Course Fee: From £1200 plus VAT

Plus, travel and accommodation

If above 30 attendees, please enquire.

Webinar

Course Length: 3 Hours

Course Fee: £700 plus VAT

Group Size: Up to 500 **Platform:** Zoom

Additional 7 days 'Watch it Later' access.

Juggling Act

Parenting siblings can be a real juggling act!

During this webinar we will develop strategies for managing sibling groups (large or small, full siblings or mixed, birth or adopted/fostered/SGO).

We will explore:

- Parentification
- Trauma Bonds
- Siblings Rivalry
- Managing Different Needs



For Groups/Organisations – Webinar Only

Course Length: 60 minutes

Course Fee: £500 plus VAT

Group size: Up to 500

Platform: Zoom

Additional 7 days watch it later access.

Lost and Lonely: Teens in Crisis

Are your teen children driving you mad, uncommunicative, sleeping away the day and hard to connect with?

Are they breaking regulations and going out whenever they like?

Does it feel harder than ever to connect?

During this course we will:

- Help explore your own feelings around your child.
- Share common themes today for peer support.
 - Look at the Toddler Teen.
 - Understand teen behaviours.
- Look at what is happening in their brains.
- Discuss reconnection and repair.



For Groups/Organisations – Webinar Only

Course Length: 60 minutes

Course Fee: £500 plus VAT

Group size: Up to 500

Platform: Zoom

Additional 7 days watch it later access.

Lying and The Shame Game

Are you fed up with your child lying and refusing to admit things that they've done?

This webinar is for you!

We will also look at:

- Mad lying
- Children refusing to take responsibility
- Why Children lie and the child's perspective
 - The shame game
 - Stepping back.



For Groups/Organisations – Webinar Only

Course Length: 60 minutes

Course Fee: £500 plus VAT

Group size: Up to 500

Platform: Zoom

Additional 7 days watch it later access.

Managing Birthdays and Celebrations

Living with a child who has suffered trauma means birthdays are not going to be straightforward. Celebration days can be difficult for children to manage.



For Groups/Organisations – Webinar Only

Course Length: 60 minutes

Course Fee: £500 plus VAT

Group size: Up to 500

Platform: Zoom

Additional 7 days watch it later access.

Managing Feelings (for Parents)

This course assists parents to identify compassion fatigue and to acknowledge their own feelings and responses to children with Developmental Trauma. 'Inspire' believe that this is a fundamental keystone to being able to implement any subsequent strategy effectively. This course will give a deeper understanding of Secondary Trauma, self-recognition and an ability to act in the future to avoid compassion fatigue.



For Groups/Organisations

Face to Face

Course Length: 4 hours

Group Size: 0 – 15

Course Fee: From £750 plus VAT

Group Size: 16 – 30

Course Fee: From £1200 plus VAT

Plus, travel and accommodation

If above 30 attendees, please enquire.

Webinar

Course Length: 3 Hours

Course Fee: £700 plus VAT

Group Size: Up to 500 **Platform:** Zoom

Additional 7 days 'Watch it Later' access.

Managing Feelings (for Supporting Professionals)

This course helps supporting professionals who are working with parents that are caring for Traumatized children to identify and manage compassion fatigue.

The trainers will support professionals to identify and reject the usual 'blame and withdraw' model', where there is actual or likely disruption, allowing them to work intensively alongside the parents, engaging in the 'Therapeutic Parenting' model. (T.R.U.E)[®].



For Groups/Organisations

Face to Face

Course Length: 4 hours

Group Size: 0 – 15

Course Fee: From £750 plus VAT

Group Size: 16 – 30

Course Fee: From £1200 plus VAT

Plus, travel and accommodation

If above 30 attendees, please enquire.

Webinar

Course Length: 3 Hours

Course Fee: £700 plus VAT

Group Size: Up to 500 **Platform:** Zoom

Additional 7 days 'Watch it Later' access.

Managing Siblings

During this course we will develop strategies for managing sibling groups (large or small, full siblings or mixed, birth or adopted/fostered/SGO).

We will discuss and develop strategies for these subjects:

- Lying
- Stealing
- Fighting
- Staying sane (self-care)
- Dealing with professionals



Managing Siblings



For Groups/Organisations

Face to Face

Course Length: 4 hours

Group Size: 0 – 15

Course Fee: From £750 plus VAT

Group Size: 16 – 30

Course Fee: From £1200 plus VAT

Plus, travel and accommodation

If above 30 attendees, please enquire.

Webinar

Course Length: 2 Hours

Course Fee: £600 plus VAT

Group Size: Up to 500 **Platform:** Zoom

Additional 7 days 'Watch it Later' access.



Managing Violent Behaviour – In Children and Adolescents

This is a ground-breaking, approved course, for which we have contracted Gerard O’Dea from Dynamis Training & Insight who is an excellent, highly skilled trainer whose ethos and values merge closely with Therapeutic Parenting. Inspire Training Group will deliver the first day which will be focussed on de-escalation strategies and avoiding conflict. Day two will be delivered by Gerard O’Dea and will focus on practical training, conflict management for those times when contact is unavoidable due to high-risk actions and danger to others.

Course Aims:

To offer those who are parenting children who sometimes display violence which could result in harm to themselves or others. A law and guidance-based decision-making framework, along with specific last-resort physical control options (and their working principles), which would allow them to create physical and emotional safety in situations where otherwise a child or parent would be more significantly harmed or injured.

Continued



Learning Outcomes:

- Understand why children might be violent.
- To assist all parents in de-escalating aggressive behaviours.
 - To put in place practical strategies to keep the child safe and to avoid conflict.
 - Describe how self-awareness, non-escalation, and de-escalation are primary responses to a child who is being violent.
- Explain the status of physical force, as a last resort, in the context of parenting a child who is being violent.
 - Use a decision-making framework, based on duty of care concepts, for how to respond to a child who is being violent.
 - Understand the core legal principles of Reasonable Force and how they relate to e.g., Fostering Regulations Guidance.
- Recognise 'survival' strategies for keeping themselves safe if they need to respond to a child who is being violent.
- Recognise 'holding' strategies for control of a child if they need to respond to a child who is being violent.
 - Explain the role of Disengagement and Containment strategies in response to violence, particularly when alone.
- Describe the risks of physical intervention including those of Restraint-Related Sudden Death, which should be avoided.

For Groups/Organisations - Face to Face

Course Length: 2 days

Course Fee: £2000 plus VAT

Group size: 0 - 15 attendees.

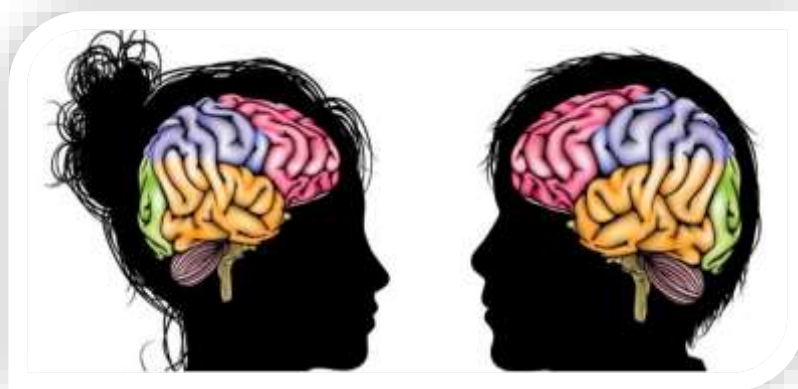
Plus, travel and accommodation

Meeting unmet Developmental Needs in Older Children

This course will equip attendees with the skills and knowledge to begin to meet unmet developmental needs in older children with Developmental Trauma.

We will focus on practical ways/strategies to begin to meet those needs and applying them.

The trainer will provide attendees with the skills, knowledge, and confidence to respond to the emotional age of the child no matter what the chronological age might be.



For Groups/Organisations

Face to Face

Course Length: 4 hours

Group Size: 0 – 15

Course Fee: From £750 plus VAT

Group Size: 16 – 30

Course Fee: From £1200 plus VAT

Plus, travel and accommodation

If above 30 attendees, please enquire.

LIVE Webinar

Course Length: 3 Hours

Course Fee: £700 plus VAT

Group Size: Up to 500 **Platform:** Zoom

Additional 7 days 'Watch it Later' access.

Mess Everywhere

Many parents of traumatised children become exasperated at the amount of mess the children seem to cause. This is on a different scale to the unusual untidiness associated with childhood.

In this webinar we will share how to establish a strong routine and keep everything in order.



For Groups/Organisations – Webinar Only

Course Length: 60 minutes

Course Fee: £500 plus VAT

Group size: Up to 500

Platform: Zoom

Additional 7 days watch it later access.

No-One Asked Me!

When children are taken to see members of their birth family can often act as a flashpoint, creating tensions and awakening hidden trauma. Sometimes the relationships are positive, often they are not!

Parents might dread the build up to these occasions, and it's even harder when the contact has been ordered and all those who know the child can see it is doing more harm than good.



For Groups/Organisations – Webinar Only

Course Length: 60 minutes

Course Fee: £500 plus VAT

Group size: Up to 500

Platform: Zoom

Additional 7 days watch it later access.

On the Look Out

Children who experienced severe trauma are constantly on the alert for danger without even knowing it.

They may have had to watch and listen very carefully to protect themselves in dangerous situations, so these senses become over developed.



For Groups/Organisations – Webinar Only

Course Length: 60 minutes

Course Fee: £500 plus VAT

Group size: Up to 500

Platform: Zoom

Additional 7 days watch it later access.

Preparing for School

Returning to school is going to be difficult for parents and children alike.

This webinar will enable you to:

Prepare your child to returning/starting school.

Reduce or avoid separation anxiety.

Reduce stress during the school day.

Reduce stress when coming out of school.

Working with the school.

Important people at school.

Establish a safe place/safe person for your child.

As always, we will be reminding you where to find help if you have specific or complex school issues.



For Groups/Organisations – Webinar Only

Course Length: 60 minutes

Course Fee: £500 plus VAT

Group size: Up to 500

Platform: Zoom

Additional 7 days watch it later access.

Separation Anxiety

Is your Child clingy, anxious, fearful of transitions, talking all the time (nonsense chatter)?

Are you not able to have a phone call, a conversation or even go to the loo without a constant stream of interruptions?

If this is your child, they may be suffering from separation anxiety.

In this course we will explore:

- What is Separation Anxiety?
- What is Object Permanence?
 - The underlying causes
 - How it affects you
- Strategies and solutions



For Groups/Organisations – Webinar Only

Course Length: 60 minutes

Course Fee: £500 plus VAT

Group size: Up to 500

Platform: Zoom

Additional 7 days watch it later access.

Staying Sane as a Therapeutic Parent - Sarah Naish

This course shares information regarding the complex behaviours of children we care for and the effects this has on us.

This course will give a deeper understanding of Secondary Trauma, self-recognition, and an ability to act in the future to avoid compassion fatigue.



For Groups/Organisations

Face to Face

Course Length: 4 hours

Group Size: 0 – 15

Course Fee: From £750 plus VAT

Group Size: 16 – 30

Course Fee: From £1200 plus VAT

Plus, travel and accommodation

If above 30 attendees, please enquire.

Webinar

Course Length: 3 Hours

Course Fee: £700 plus VAT

Group Size: Up to 500

Platform: Zoom

Additional 7 days 'Watch it Later' access.

Strategies to Manage Behaviour

This course will equip parents and supporting professionals with the skills and knowledge to begin to work Therapeutically with children with Developmental Trauma. It will enable participants to apply practical behaviour management strategies. We will provide participants with the skills and knowledge to avoid feeling dis-empowered and therefore lessen the impact of compassion fatigue.

This course is best delivered following straight on from the 'Managing Feelings' course, however not mandatory. The trainers assist participants to relate the training to real life events and problems and to implement strategies which have proved effective.



For Groups/Organisations

Face to Face

Course Length: 2 days
(4 hours each day)

Group size: 0 - 15 attendees.

Course Fee: £1300 plus VAT

Group size: 16 - 30 attendees.

Course Fee: £1700 plus VAT

If above 30 attendees, please enquire.

Plus, travel and accommodation

Webinar

Course Length: 2 days
(3 hours each day)

Course Fee: £1000 plus VAT

Group Size: Up to

500 Platform: Zoom

Additional 7 days 'Watch it Later' access.

Strategies to Manage Behaviour – Dealing with Lying and Stealing

This course explains why children with Developmental Trauma do this, how it makes you feel and enable Therapeutic Parents to apply practical behaviour management strategies which build connections in the child's brain AND between the parent and child, which reduces the behaviour.



For Groups/Organisations – Webinar Only

Course Length: 60 minutes

Course Fee: £500 plus VAT

Group Size: Up to 500

Platform: Zoom

Additional 7 days 'Watch it Later' access.

Strategies to Manage Behaviour in Adolescents

A course for parents and supporting professionals who are looking after teenagers with Developmental Trauma. We will explore how Developmental Trauma displays and apply some of the behaviour management strategies. We will assist participants to begin to look at the differences between re-parenting younger children and the challenges they face as their child gets older. Explanations are given about the changing brain and how this is an excellent time to improve outcomes.



For Groups/Organisations

Face to Face

Course Length: 4 hours

Group size: 0 - 15 attendees.

Course Fee: £750 plus VAT

Group size: 16 - 30 attendees.

Course Fee: £1200 plus VAT

If above 30 attendees, please enquire.

Plus, travel and accommodation

Webinar

Course Length: 3 hours

Course Fee: £700 plus VAT

Group Size: Up to 500 **Platform:** Zoom

Additional 7 days 'Watch it Later' access.

Supporting Families with Swearing

Do you work with families who have a child that swears?

Are your Parents exhausted and struggling to tackle this behaviour?

This course is designed for supporting professionals to gain insight and new ideas to families in need.



For Groups/Organisations – Webinar Only

Course Length: 60 minutes

Course Fee: £500 plus VAT

Group size: Up to 500

Platform: Zoom

Additional 7 days watch it later access.

Supporting You to Support Your Families: Food Issues!

Do you work with families who have a child that has issues with Food?

This course is designed for supporting professionals to gain insight and new ideas to families in need.



For Groups/Organisations – Webinar Only

Course Length: 60 minutes

Course Fee: £500 plus VAT

Group size: Up to 500

Platform: Zoom

Additional 7 days watch it later access.

Surviving in a Couple Relationship as Therapeutic Parents!

Is your relationship under stress due to parenting children
from trauma?

Are you struggling to communicate?

Wishing things were different but do not know where to
start?

This webinar will help therapeutic parenting couples to
preserve and improve their relationship.



For Groups/Organisations – Webinar Only

Course Length: 60 minutes

Course Fee: £500 plus VAT

Group size: Up to 500

Platform: Zoom

Additional 7 days watch it later access.

Surviving the Holidays Summer & Christmas

Holidays can be stressful for therapeutic parents and their children.

This informative short set of three videos gives parents and carers strategies to.

- Manage end of term stresses when routines change.
 - Help to manage long school holidays!
- Have more successful, less stressful family holidays away.



For Groups/Organisations – Webinar Only

Course Length: 60 minutes

Course Fee: £500 plus VAT

Group size: Up to 500

Platform: Zoom

Additional 7 days watch it later access.

Sweet Dreams

Is your child restless and anxious at night?

Getting up constantly?

Is this eating into your own time to recharge your batteries?

We can see that this is causing many of our family's immense stress.



For Groups/Organisations – Webinar Only

Course Length: 60 minutes

Course Fee: £500 plus VAT

Group size: Up to 500

Platform: Zoom

Additional 7 days watch it later access.

Tentacles of Trauma

This course will help participants to understand why children with a history of trauma and neglect behave in the way they do.

They will gain a further understanding of how historical trauma is recreated in the present.

The trainer will give insight into the internal survival world of such children.

We will explore how Developmental Trauma Disorder is at the root of all challenging behaviours.

We will discuss depersonalise behaviours.

We will end with linking behaviour to unmet needs and early life experiences.



For Groups/Organisations

Face to Face

Course Length: 4 hours

Group size: 0 - 15

Course Fee: £750 plus VAT

Group size: 16 - 30

Course Fee: £1200 plus VAT

If above 30 attendees, please enquire.

Plus travel and accommodation

Webinar

Course Length: 1 hour

Course Fee: £500 plus VAT

Group size: Up to 500

Platform: Zoom

Additional 7 days watch it later access.

The A-Z of Therapeutic Parenting – Strategies and Solutions

Sarah Naish's first-hand experiences of parenting 5 children with Developmental Trauma.

This seminar will guide parents and professionals in their Therapeutic Parenting journey and help them to...

- Overcome challenges.
- Understand how Trauma affects their children every day.
 - Rediscover empathy.
- Learn a step-by-step process to walk you through even the most difficult situations.
 - Why do our children do the things they do?!
 - The P.A.R.E.N.T.S Model.



For Groups/Organisations

Face to Face

Course Length: 5 hours

Course Fee: £1200+VAT

Group size: Up to 40

If above 30 attendees, please enquire.

Plus travel and accommodation

Webinar

Course Length: 3 hours

Course Fee: £1000 plus VAT

Group size: Up to 500

Platform: Zoom

Additional 7 days watch it later access.

The Real Child - Sabotage

One of the hardest issues that parents face is when their child is unable to accept the nicer things in life. Sometimes it feels like the harder the parents work to make a special day or gift, the harder the child works to spoil it in some way.

It can feel like sabotage, in this webinar we will share why it can feel like children deliberately ruin the day and the nice the nice things that we want to provide



For Groups/Organisations – Webinar Only

Course Length: 60 minutes

Course Fee: £500 plus VAT

Group size: Up to 500

Platform: Zoom

Additional 7 days watch it later access.

The Trauma Room

This course will help participants to understand why children with a history of trauma and neglect behave in the way they do. They will gain a further understanding of how historical trauma is recreated in the present.

The trainer will give insight into the internal survival world of such children.

We will explore how Developmental Trauma Disorder is at the root of all challenging behaviours.

We will discuss depersonalise behaviours.

We will end with linking behaviour to unmet needs and early life experiences.



For Groups/Organisations – Webinar Only

Course Length: 60 minutes

Course Fee: £500 plus VAT

Group size: Up to 500

Platform: Zoom

Additional 7 days watch it later access.

Therapeutic Parenting PACE in Real Life

This course aims to share information regarding the complex behaviours of children we care for.

All attendees to be given the tools to implement P.A.C.E. and will get practical real-life strategies.

This course will help solve complex relationship issues between parents and supporting professionals which often arise when caring for children with Developmental Trauma.

Improves communication, empathy and understanding.



For Groups/Organisations

Face to Face

Course Length: 4 hours

Group size: 0 - 15

Course Fee: £750 plus VAT

Group size: 16 - 30

Course Fee: £1200 plus VAT

If above 30 attendees, please enquire.

Plus travel and accommodation

Webinar

Course Length: 3 hours

Course Fee: £700 plus VAT

Group size: Up to 500

Platform: Zoom

Additional 7 days watch it later access.

Through our eyes – The male perspective

This course will identify and move past generational gender stereotypes and preconceptions.

We will explore traditional gender roles and how they are changing, and how do these factors impact on relationships and support networks, look at what are the expectations/demands placed on each parent. We will discuss how we deal with parental issues – denial, blame and communication breakdown.

Give a greater understanding of the differences in physiological and emotional responses. We will identify positive communication methods and techniques and how to agree roles to enable consistency and develop a shared understanding. We will also look at how to build trust through shared/individual time with the children to increase attunement. Finally, we will share suggestions for self-care and the importance of being able to offload frustrations.



For Groups/Organisations

Face to Face

Course Length: 4 hours

Group Size: 0 – 15

Course Fee: £750 plus VAT

Group Size: 16 – 30

Course Fee: £1200 plus VAT

Plus, travel and accommodation

If above 30 attendees, please enquire.

Webinar

Course Length: 3 Hours

Course Fee: £700 plus VAT

Group Size: Up to 500

Platform: Zoom

Additional 7 days 'Watch it Later' access.

Toilet Tales

Many traumatised children have issues with wee and poo! They may be delayed or there might be much more deep-seated issues. This can be a big strain on any family!

Join our trainers for a live webinar answering all of your questions around this subject, providing lots of Therapeutic parenting strategies along the way.



For Groups/Organisations – Webinar Only

Course Length: 60 minutes

Course Fee: £500 plus VAT

Group size: Up to 500

Platform: Zoom

Additional 7 days watch it later access.

Understanding and Managing Food Related Issues in Traumatised Children

This course will help all parents to understand food related issues, including identifying different types of eating disorders. We will look at the causes of food related issues and provide strategies to help manage food related issues and eating disorders.



For Groups/Organisations

Face to Face

Course Length: 4 hours

Group Size: 0 – 15

Course Fee: From £750 plus VAT

Group Size: 16 – 30

Course Fee: From £1200 plus
VAT

Plus, travel and accommodation

If above 30 attendees, please enquire.

Webinar

Course Length: 3 Hours

Course Fee: £700 plus VAT

Group Size: Up to

500 Platform: Zoom

Additional 7 days 'Watch it Later' access.

Understanding and Managing Triggers Therapeutically

- Look at the importance of understanding and managing triggers in both ourselves and the children we care for.
- Identify what triggers are and how they are grouped into universal and personal.
- Identify what causes them and their impacts on us and others.
 - The physical reasons for them and how that impacts on our responses.
 - Speaking reactively vs empathically
 - What is conflict triggers universal / personal?
 - Identify our personal triggers and their impacts.
- How to identify triggers in others and the possible physical impacts of these
- How to maintain emotional equilibrium to minimize escalation.
 - Give practical strategies to manage both our own and others triggers Therapeutically.
- Give empathic strategies to manage repair and reconciliation to improve the situation moving forward.
 - Highlight sources of support available



For Groups/Organisations

Face to Face

Course Length: 4 hours

Group Size: 0 – 15

Course Fee: £750 plus VAT

Group Size: 16 – 30

Course Fee: £1200 plus VAT

Plus, travel and accommodation

If above 30 attendees, please enquire.

Webinar

Course Length: 3 Hours

Course Fee: £700 plus VAT

Group Size: Up to 500

Platform: Zoom

Additional 7 days 'Watch it Later' access.

Understanding the Teenage Brain

We will give a clear understanding of the development of the teenage brain.

The trainer will assist the participants to recognise how the teenage brain impacts around things like poor organisation and impulse control. As a group we will review challenges for the Traumatised teen and their families.

This course will provide the participants with opportunities to discuss and develop strategies.



For Groups/Organisations

Face to Face

Course Length: 4 hours

Group Size: 0 – 15

Course Fee: From £750 plus VAT

Group Size: 16 – 30

Course Fee: From £1200 plus
VAT

*Plus, travel and accommodation
If above 30 attendees, please enquire.*

Webinar

Course Length: 3 Hours

Course Fee: £700 plus VAT

Group Size: Up to

500 Platform: Zoom

Additional 7 days 'Watch it Later' access.

Understanding Toxic Shame

Toxic shame is a huge underlying factor for some of the most challenging behaviours we see in traumatised children, and it is overwhelming for the child.

Sarah Dillon shares how children with toxic shame have missed out on vital developmental tools, how they will need to be supported with language, reassurance and in addition how difficult relationships can be.

Sarah will share how we can practice kindness, understanding, and modelling mistakes and saying sorry, then the child will, in time, also develop these tools.



For Groups/Organisations – Webinar Only

Course Length: 60 minutes

Course Fee: £500 plus VAT

Group size: Up to 500

Platform: Zoom

Additional 7 days watch it later access.

What Lies Beneath

It can be extremely difficult for children who have been abused or neglected and left in fear in some way in their early life, to have any sense that they are worth loving. There is a constant conflict with what they need and what they are able to accept.

The children's early relationships with adults will have informed the way that they feel about themselves – their emerging sense of self and also about adults they encounter, and everything else in the world.



For Groups/Organisations – Webinar Only

Course Length: 60 minutes

Course Fee: £500 plus VAT

Group size: Up to 500

Platform: Zoom

Additional 7 days watch it later access.

What's My Child's Diagnosis?

Does your child have a diagnosis of any or maybe many of these?

Attachment Disorder, Foetal Alcohol Spectrum Disorders, ADD/ADHD, Sensory Processing Disorder, Autism, Pathological Demand Avoidance, Oppositional Defiant Disorder.

If you are looking after children who have suffered early life trauma through either pre or postnatal stress, neglect, domestic violence, and/or abuse they may have many different diagnoses, find out in this webinar how Therapeutic Parenting is an effective parenting style for the above diagnosis' and many more!



For Groups/Organisations – Webinar Only

Course Length: 60 minutes

Course Fee: £500 plus VAT

Group size: Up to 500

Platform: Zoom

Additional 7 days watch it later access.

What's Wrong with Me?

Parents often struggle to get the correct diagnosis for their child.

How do parents know that it is the right one? Often a parent will feel that there is something more seriously wrong, but this has been minimised, additionally it can take a very long time to see the right consultant or get a formal/correct diagnosis.

Join us as we support you to make sense of all the different conditions children get labelled with and how Therapeutic Parenting can support the behaviours they exhibit, also how having a diagnosis can unlock support and a better understanding from others of why your child does the things they do.



For Groups/Organisations – Webinar Only

Course Length: 60 minutes

Course Fee: £500 plus VAT

Group size: Up to 500

Platform: Zoom

Additional 7 days watch it later access.

Why Can't My Child Keep Friends?

During this course we will explore:

- How we learn to play and make friends.
- Supporting play through different ages and stages.
- Supervising play and knowing when to intervene.
- Parental and social expectations around friendships.
- Birds of a feather flock together (trauma ties).



For Groups/Organisations – Webinar Only

Course Length: 60 minutes

Course Fee: £500 plus VAT

Group size: Up to 500

Platform: Zoom

Additional 7 days watch it later access.

Why I Wobble at Easter!

Following on from our previous webinar around food issues and the child's experience of food.

This is a light-hearted look at one of our favourite holidays – especially as it allows lots of access to our favourite treat.

As usual we will be bringing you ideas, and strategies for how to manage this celebration.



For Groups/Organisations – Webinar Only

Course Length: 60 minutes

Course Fee: £500 plus VAT

Group size: Up to 500

Platform: Zoom

Additional 7 days watch it later access.

